

RUTLAND HEALTH DISTRICT – 2013-2014 BRFSS DATA

Health Status Indicators

	Rutland		Vermont
	Estimated Adults**	%	%
General Health Status is Fair or Poor	6,000	14%	12%
Have Personal Health Care Provider	36,000	87%	87%
Have Health Insurance, Ages 18-64	28,000	89%	92%
Did Not Visit Doctor Due to Cost, in Last Year	4,000	9%	9%
Poor Physical Health ^D	5,000	13%	10%
Poor Mental Health ^D	4,000	10%	10%
Disabled ^D	10,000	25%	24%

Preventative Behaviors and Health Screening

	Rutland		Vermont
	Estimated Adults**	%	%
Flu Shot in the Last Year, Ages 65+	6,000	58%	63%
Pneumococcal Vaccine, Ever, Ages 65+	7,000	71%	72%
Routine Doctor Visit, in Last Year	28,000	69%	68%
Dental Visit in Last Year*	30,000	68%	72%
Any Teeth Extracted, Ages 45-64	10,000	55%	49%
Cholesterol Screened, in Last Five Years*	33,000	73%	76%
Ever Tested for HIV	12,000	30%	31%
2+ Daily Fruit Servings*	16,000	37%	35%
3+ Daily Vegetable Servings*	6,000	16%	18%
5+ Daily Fruit & Vegetable Servings*	8,000	20%	21%
Met Physical Activity Recommendations* ^D	24,000	58%	59%
Met Strength Building Recommendations* ^D	12,000	29%	30%
Use Community Resources for Physical Activity	22,000	49%	58%
Breast Cancer Screening, Women 50-74* ^D	8,000	77%	79%
Cervical Cancer Screening, Women 21-65* ^D	13,000	87%	86%
Colorectal Cancer Screening, Ages 50-75* ^D	13,000	65%	71%

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Risk Behaviors

	Rutland		Vermont
	Estimated Adults**	%	%
Adverse Childhood Experiences (ACE), Four or More ^D	5,000	12%	14%
Binge Drinking, in Last Month ^D	6,000	14%	18%
Heavy Drinking, in Last Month ^D	3,000	7%	9%
Marijuana Use, in Last Month	3,000	7%	7%
Prescription Drug Misuse, Ever ^D	3,000	8%	6%
Smoke Cigarettes, Currently*	8,000	21%	18%
Made Quit Attempt in Last Year*	4,000	50%	59%
Use Smokeless Tobacco, Currently	1,000	3%	3%
No Leisure Time Physical Activity*	9,000	20%	18%
Seldom or Never Use Seatbelt	1,000	2%	4%

Disease Prevalence

	Rutland		Vermont
	Estimated Adults**	%	%
Arthritis, Ever Diagnosed	14,000	33%	28%
Asthma, Current Diagnosis	6,000	14%	11%
Cancer Diagnosis, Ever			
Skin Cancer	3,000	8%	6%
Non-Skin Cancer	3,000	7%	7%
High Cholesterol, Ever Diagnosed	14,000	40%	35%
Chronic Obstructive Pulmonary Disease, Ever Diagnosed	3,000	7%	6%
Cardiovascular Disease, Ever Diagnosed ^D	4,000	9%	7%
Depressive Disorder, Ever Diagnosed	10,000	23%	22%
Diabetes, Ever Diagnosed	4,000	10%	8%
Hypertension, Ever Diagnosed*	15,000	28%	27%
Overweight, Ages 20+*	14,000	35%	36%
Obese, Ages 20+*	12,000	32%	25%

Key Information

All District Office estimates are based on two years of data, except that for adverse childhood experiences which are based on 2011 data only. All others are 2013-2014, 2012 & 2014, or 2011 & 2013.

*Percent is age adjusted to U.S. 2000 population.

**Estimated counts are rounded to the nearest thousand Vermonters and not age-adjusted. For measures where the percent is calculated using two years of data, the estimated count is divided by two to provide an average number of individuals with the behavior or condition.

■ Indicates statistically different from Vermont.

^DDefinitions:

- Poor physical health: 14 or more poor physical health days in last month.
- Poor mental health: 14 or more poor mental health days in last month.
- Disabled: activity limitations due to physical, emotional or mental problems OR any health problem that requires use of special equipment.
- Prescription drug misuse: used a prescription drug without your own prescription.
- Physical activity recommendations: 150 minutes of moderate activity or 75 minutes of vigorous activity per week.
- Strength building recommendations: muscle strengthening activities are recommended at least twice per week.
- Breast cancer screening recommendations are a mammogram in the last two years.
- Cervical cancer screening recommendations are a PAP test in the last three years.
- Colorectal cancer screening recommendations are a fecal occult blood test (FOBT) annually OR sigmoidoscopy every five years and FOBT every three years OR colonoscopy every ten years.
- ACE: for more information see www.cdc.gov/ace.
- Binge drinking: five or more drinks for men and four or more for women.
- Heavy drinking: more than two drinks daily for men and more than one for women.
- Cardiovascular disease: ever had coronary heart disease, a stroke or a myocardial infarction.

For more information about Vermont towns in each health district please go to: <http://healthvermont.gov/gis/#data> and download the file [VDH Geographies Apr2013.xlsx](#)

For more information about the BRFSS, please contact:

Jessie Hammond, MPH

BRFSS Coordinator

Jessie.Hammond@vermont.gov

802-863-7663

Rutland Health District 2013-2014 Behavioral Risk Factor Surveillance System (BRFSS) Data

